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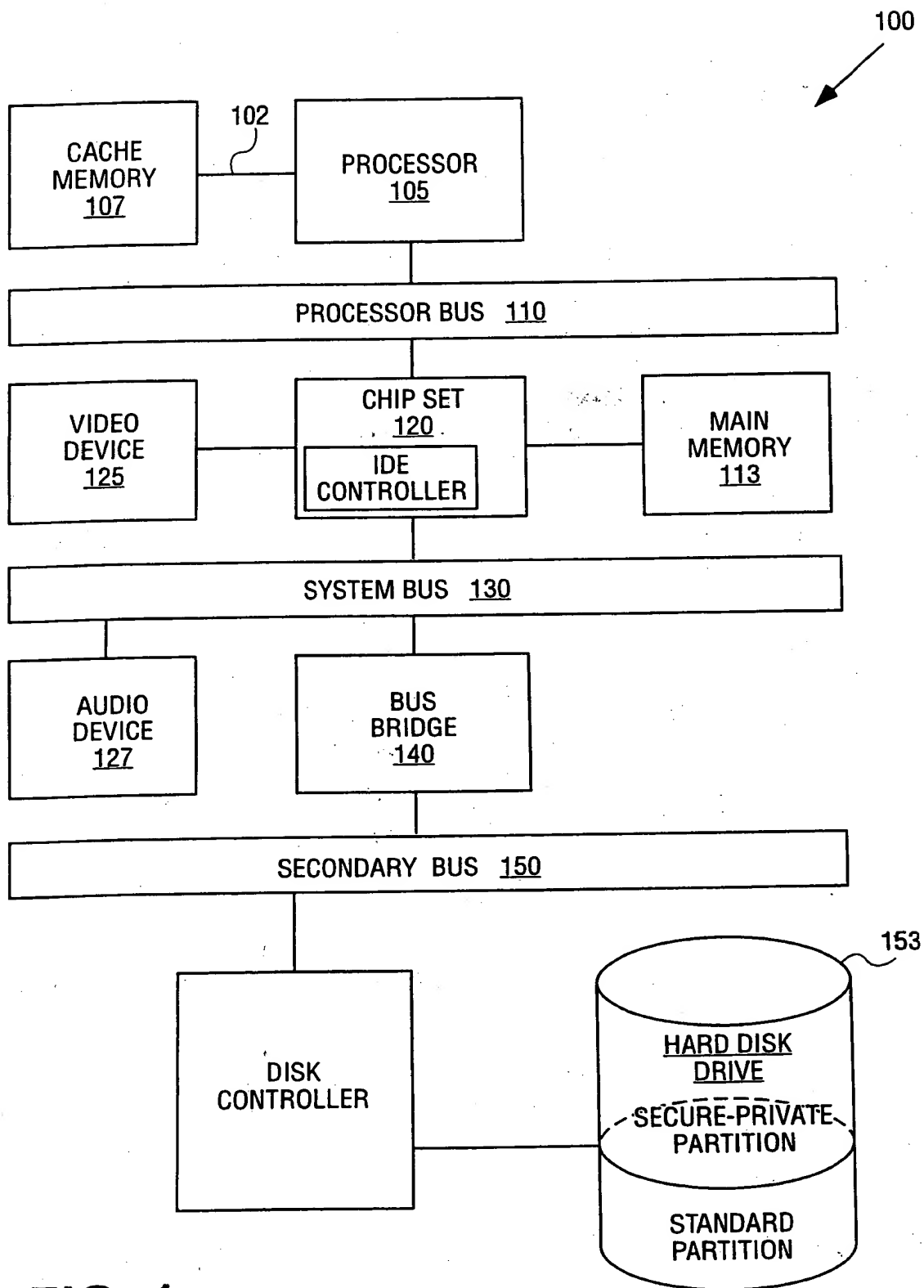


FIG. 1

Variable	Mean	SD	Min	Max
Age	34.5	10.2	21	55
Gender	0.5	0.5	0	1
Marital status	0.6	0.5	0	1
Education	12.5	1.5	9	16
Income	15.2	5.8	5	35
Occupation	1.2	0.8	0	2
Health status	1.8	0.5	1	3
Stress level	2.5	0.8	1	4
Life satisfaction	3.2	0.7	2	4
Resilience	2.8	0.6	1	4
Optimism	3.5	0.9	2	4
Self-efficacy	3.8	0.7	2	4
Emotional stability	3.1	0.6	2	4
Prosocial behavior	3.4	0.8	2	4
Empathy	3.6	0.7	2	4
Agreeableness	3.3	0.6	2	4
Conscientiousness	3.7	0.8	2	4
Neuroticism	2.9	0.7	2	4
Openness	3.9	0.9	2	4
Extraversion	3.6	0.8	2	4
Intelligence	110.5	15.2	85	145
Memory	75.2	12.5	55	100
Attention	68.5	10.8	45	95
Reasoning	82.1	14.3	60	110
Emotion regulation	55.8	11.2	35	85
Problem solving	62.3	9.7	40	90
Decision making	58.9	10.5	38	88
Communication	65.4	11.8	42	92
Leadership	52.7	10.1	30	80
Teamwork	60.1	11.5	35	85
Conflict resolution	57.6	10.9	32	82
Stress management	54.3	10.3	30	80
Time management	59.8	11.1	35	85
Goal setting	56.2	10.7	30	80
Self-reflection	53.5	10.4	30	80
Personal growth	58.9	11.3	35	85
Life purpose	55.1	10.6	30	80
Meaning in life	57.4	10.9	30	80
Existential well-being	54.8	10.2	30	80
Transcendental meditation	52.3	10.5	30	80
Vipassana meditation	51.7	10.1	30	80
Transcendental meditation	50.9	9.8	30	80
Vipassana meditation	50.2	9.5	30	80
Transcendental meditation	49.8	9.2	30	80
Vipassana meditation	49.1	8.9	30	80
Transcendental meditation	48.5	8.6	30	80
Vipassana meditation	47.8	8.3	30	80
Transcendental meditation	47.2	8.0	30	80
Vipassana meditation	46.5	7.7	30	80
Transcendental meditation	45.9	7.4	30	80
Vipassana meditation	45.2	7.1	30	80
Transcendental meditation	44.6	6.8	30	80
Vipassana meditation	43.9	6.5	30	80
Transcendental meditation	43.3	6.2	30	80
Vipassana meditation	42.6	5.9	30	80
Transcendental meditation	42.0	5.6	30	80
Vipassana meditation	41.3	5.3	30	80
Transcendental meditation	40.7	5.0	30	80
Vipassana meditation	40.0	4.7	30	80
Transcendental meditation	39.4	4.4	30	80
Vipassana meditation	38.7	4.1	30	80
Transcendental meditation	38.1	3.8	30	80
Vipassana meditation	37.4	3.5	30	80
Transcendental meditation	36.8	3.2	30	80
Vipassana meditation	36.1	2.9	30	80
Transcendental meditation	35.5	2.6	30	80
Vipassana meditation	34.8	2.3	30	80
Transcendental meditation	34.2	2.0	30	80
Vipassana meditation	33.5	1.7	30	80
Transcendental meditation	32.9	1.4	30	80
Vipassana meditation	32.2	1.1	30	80
Transcendental meditation	31.6	0.8	30	80
Vipassana meditation	30.9	0.5	30	80
Transcendental meditation	30.3	0.2	30	80
Vipassana meditation	29.6	0.0	30	80
Transcendental meditation	29.0	0.0	30	80
Vipassana meditation	28.3	0.0	30	80
Transcendental meditation	27.7	0.0	30	80
Vipassana meditation	27.0	0.0	30	80

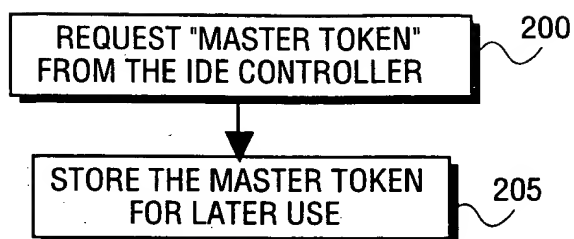


FIG. 2A

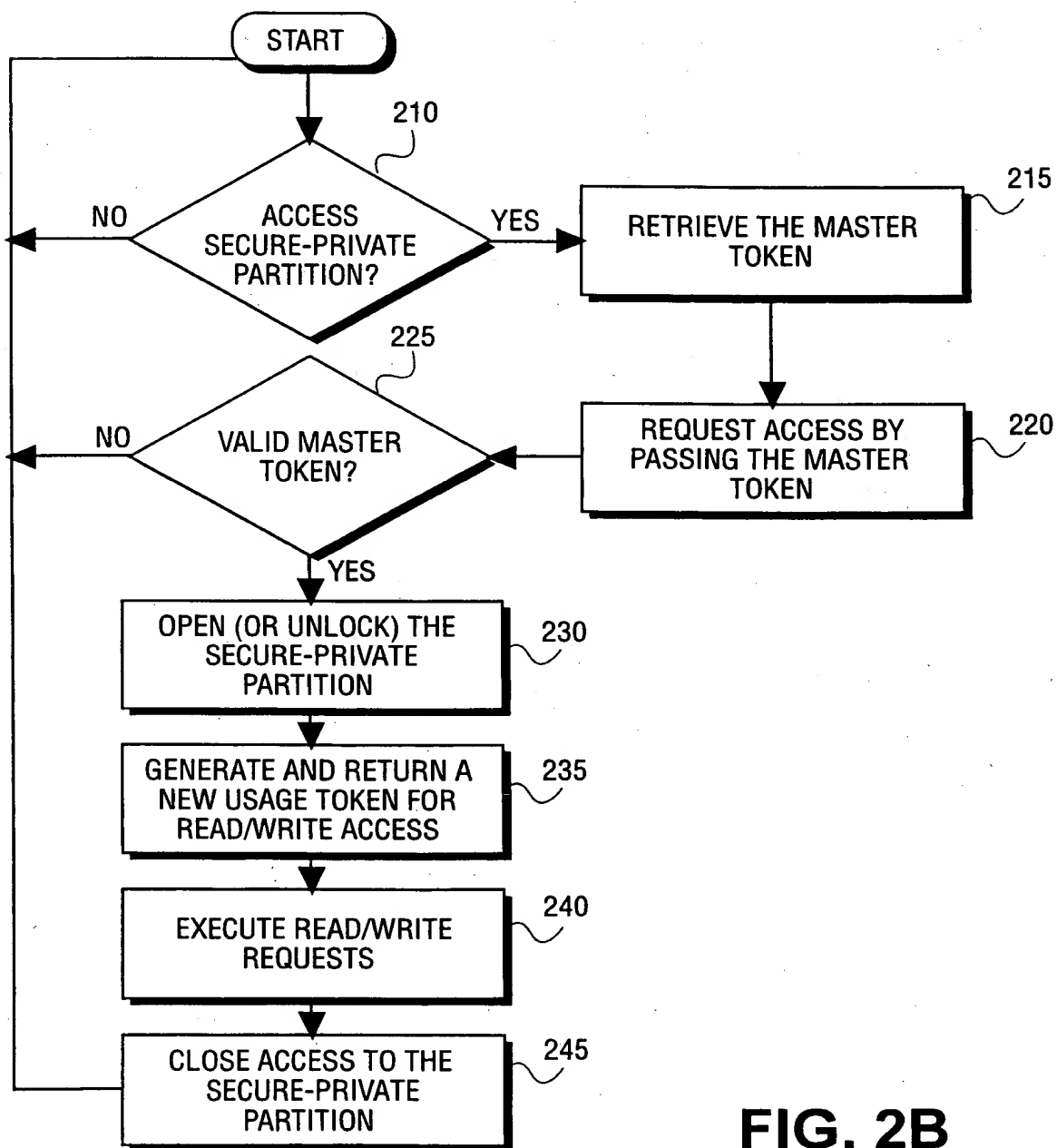


FIG. 2B

